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U.S.D.A.

CONSUMER TIPS > >

(Information from Bureau of Home Economics, USDA)

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RULES FOR USING THEM

1. Strain pan and broiler drippings through double layer cheese-cloth into clean coffee or shortening can.
2. Cover fats & store in refrigerator or cool place.
3. To clarify used fats with objectionable color, taste, or odor: melt fat with at least equal volume of water; heat short time at moderate temp., stirring occasionally; let cool; remove fat; scrape off meat, etc. from under side.
4. Never let fat get hot enough to smoke; may be irritating; gets rancid faster; gives less desirable flavor to food.
5. If you have 1 lb. or more of waste fat, sell to butcher.

BEST WAYS TO USE FOOD FATS

<u>FOOD FATS</u>	<u>BREAD</u>	<u>PAN</u>	<u>DEEP FAT</u>	<u>SHORTENING</u>	<u>FLAVORING</u>	<u>SALAD OIL</u>
	<u>SPREAD</u>	<u>FRYING</u>	<u>FRYING</u>			
Butter	X	X		X	X	
Lard		X	X	X		
Margarine	X	X		X	X	
Hydrogenated vegetable fat		X	X	X		
Peanut oil		X	X			X
Soybean oil		X	X			X
Bacon & fat back		X			X	
Fowl fat	X	X		X	X	
Meat fat		X			X	

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